

# Sun “Kissed” & Heaven Sent

*Feed My Sheep*  
RECIPES FOR LIFE



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*Jumpstart Your Health*



## *The Delicious Versatility of Citrus Peels*

All fruits are sun-kissed, yet the citrus family comes in right at the top in terms of the needed hours of sunlight to grow in an abundance of juicy fruits. Mostly eaten raw, we juice lemons, limes, oranges and grapefruits, and we zest the peels. Lemon juice is a wonderfully healthy replacement for vinegar in salad dressings. My mom’s and my favorite jam has always been orange marmalade, made from the sour-orange rind.

It wasn’t until I studied the use of food from other countries, in this case citrus, that I realized how much we throw away that other cultures find uses for. Years ago, I learned that the pith (the chewy, white part under the skin) is a main source for *rutin*.

Rutin is a bioflavonoid that is found in apples, buckwheat, most citrus fruits, figs, and both black and green tea. It has powerful antioxidant properties. It also helps your body produce collagen and utilize vitamin C. It is included in more than 130 therapeutic, medicinal preparations, and by itself, offers a number of health benefits, such as: Helps blood circulation, prevents blood clots,



lowers cholesterol, reduces arthritis pain, and even heals bruising. [HEALTHLINE.COM]

Oriental chefs cut the peels in very fine slices, sauté them in garlic and oil, and add them to veggie dishes, and they will quickly deep-fry them until crunchy and use them as chow-mein noodles. It’s delicious! Choosing to go without the oil frying, I cut my citrus peels thinly and dehydrated them at 115°, saving the nutrients that are cook/heat-sensitive. They still come out crunchy for a topping on salads.

If you’re out of lemons, you can still take the dried peels and blend them in with salad dressings or in humus for that livened, lemony flavor. Last of all, I powder the thinly sliced, dried peels in my NutriBullet personal blender. This fine powder I then add to smoothies, sauces—anything where I am looking for a hint of lemon zestiness.

Now, for the best part! Use this nutrient-rich, colorful citrus powder as a powdered-sugar substitute. Here’s my recipe: Take some heaven-sent,

sun-kissed dates, remove the pits, slide in some nut butter to hold a nut inside. (I use pecans.) Now, roll them in your orange-peel powder. Oh yum!

That hint of bitter from the citrus peels, which is not as familiar with us in the West, actually helps with liver function. However, if you like things sweeter, mix a 3/4 portion of orange powder with 1/4 of coconut sugar. I tried it both ways. Give your friends and family the taste test. Try your citrus powders in raw, energy cookie balls or in baked cookies.

Enjoy all the energetic vitality in your citrus peels. Always have the dried peels of lemons, limes,

oranges, pink grapefruits, even when they’re out of season, right in your own cupboard—year-round! ■